

# The KITCHEN CABINET

He falls not, who stakes his all  
Upon the right and dares to fall;  
What though the living bliss or  
blame,  
For him the long success of fame.  
—Richard W. Glider.

## COMMON CABBAGE.

Cabbage may or may not be a delicious vegetable, owing entirely to its preparation. In boiling cabbage remember to cook it in rapidly boiling water, uncovered to let the odors pass away and not be absorbed by the vegetable. It is also true that the house will be quickly aired from cooked cabbage if it be cooked in an open dish.

**Ladies' Cabbage.**—Into four quarts of water save one-half of a hard, sound head of cabbage. Add a teaspoonful of salt, a quarter of a teaspoonful of soda, and a teaspoonful of sugar. Have the water boiling hot, cook until tender, then drain and cover the cabbage with sweet milk. Set on the back part of the stove to simmer ten minutes. Drain again, season with butter and serve hot. The addition of buttered crumbs and a few chopped olives makes this into Russian cabbage.

**Escalloped Cabbage With Dried Beef.**—Prepare and cook the cabbage as above, put it into a buttered baking dish in a layer, an inch deep, then pour over a little rich white sauce, on this a layer of shredded beef. Repeat until the cabbage and white sauce is used. Cover with buttered crumbs and bake fifteen minutes.

**Cold Slaw.**—Shred enough cabbage to serve, pour over it boiling water and let stand two minutes, drain and add a boiled dressing. Mix well and set away to chill. Serve as a salad with cold meats.

**German Cabbage.**—Cook bacon until crisp, cut in small bits; pour this over a half head of cabbage, chopped, with one small onion, season highly with salt, red pepper; heat vinegar and pour boiling hot over the cabbage. Serve at once.

Gladly the wild fowl skim the darkened foam  
At set of sun;  
Swiftly to far-off marsh, to nest and home;  
The day is done,  
God grant that to our souls at night  
may steal  
The joy and freedom that his wild  
birds feel!

## RELISHES FOR WINTER.

The thrifty housewife is one who stocks her shelves with good things in their season so that in winter when the variety is limited she may serve her family appetizing relishes which are far superior to any bought in the market.

**Cucumber Catchup.**—Lay twelve ripe cucumbers in cold water to chill, then peel and grate them. Grate two small onions, add to the mixture with salt and chopped red pepper to season, add vinegar to make the mixture of the consistency of marmalade and put into bottles or jars sealed air tight. This does not need cooking as the salt and vinegar preserve it.

**Cucumber Pickles.**—One of the easiest pickles to prepare and one which may be added to, as the pickles are of the right size, is the following. Take a cupful of salt, a cupful of ground mustard, mix well and add to a gallon of vinegar, put into a jar and add green cucumbers of medium size. Keep a plate over them to hold them in the vinegar and they will be ready to use in a few days. More cucumbers may be added, keeping them well covered with the salted vinegar. They keep fresh and crisp and are not too strong of mustard.

**Cucumber Pickles.**—Slice small sized cucumbers in half inch slices; for each three quarts of sliced pickles add three quarts of boiling water and a cupful of salt, pour over the cucumbers and allow them to stand until the third day, boil the brine and repeat the third, fifth and the seventh days. Then they are ready for the next stage in the treatment. Pour off the brine and cover with half vinegar and water, with a teaspoonful of powdered alum, poured boiling hot over the pickles. Let stand three days, then place in a jar with a layer of cucumbers sprinkled with chopped green pepper, onions and raisins (not chopped), three peppers, three onions, and one cupful of raisins. Cover with vinegar and brown sugar in equal quantities and place a bag of cinnamon and cloves in the jar. Pour the vinegar over the pickles boiling hot.

If you were born to honor, show it now;  
If put upon you, make the judgment good.  
That thought you worthy of it.  
—Shakespeare.

## LUNCH BASKET.

The school luncheon days are here and should be well provided for with a generous stock of paper napkins and squares of paraffin paper. Cracker boxes are lined with waxed paper and the boxes themselves make fine receptacles for different foods for the lunch basket. Sandwiches packed in these boxes keep fresh and moist. Ginger bread, which is so good when fresh, may also be packed in a cracker box. Cold-cream jars or wide-mouthed bottles will be large enough to hold a portion of jam or jelly for a child's lunch. Screw-top malted milk bottles are fine for carrying malted milk, cocoa or plain milk. Sandwiches should be provided for satisfying hunger with a pickle or other relish and a dessert of fruit, cake or tart.

When preparing sandwiches set the butter where it will be softened by heat, as it spreads much better. Crisply fried bacon put between un-buttered bread slices makes a good, wholesome sandwich.

Corned or roast beef, chopped as for hash, mixed with chopped onion and mashed potato, is generally liked.

Codfish made as for fish balls made thin, and used as filling for sandwiches, is also delicious.

Peanut butter or peanuts chopped, mixed with cream cheese as another good filler, is most tasty.

Sweet sandwiches served with a fruit salad and coffee will make a fine lunch.

We must remember in putting up a child's lunch that it must be something nourishing and quick to eat, for he is anxious to have more time to play. The school that is up to date will have some arrangements made to serve some hot dish like soup or cocoa, or even hot milk. A small kerosene stove is a most convenient part of any school equipment, if the heating stove is such that there is no surface for warming food. Children are always happy with a bit of fruit. A bit of candy is another addition which is always a delight, and a piece or two is not objectionable at the close of a meal.

Were half the power that fills the world with terror,  
Were half the wealth bestowed on camps and courts  
Given to redeem the human mind from error,  
There were no need of arsenals or forts.

## GOOD THINGS FOR TABLE.

It is not the unusual or uncommon foods which are the most relished. Often an unusual combination of ordinary things makes a very tasty dish.

**Bacon and Apples.**—Peel and quarter tart apples, leaving on about half the peeling. Fry several slices of bacon very crisp, drop the apples into the hot fat and cover closely until they begin to soften, turn once carefully with a pancake turner. Sprinkle sugar over before turning and let them brown nicely before serving. Serve hot on a platter with the bacon.

When you have a small piece of ham left from a meal chop it with some sour pickles, moisten with salad dressing and use as a filling for sandwiches.

**Creamed Baked Beans.**—A pleasant change in serving beans is to put two cupfuls of them into a cupful and a half of good white sauce. When hot serve on moistened toast, well buttered.

**French Mustard.**—Take a quarter of a pound of the best ground mustard, pour over it a cupful each of vinegar and water, add a piece of calamus root (sweet flag) as large as a hickory nut, a tablespoonful of flour. Cook twenty minutes, stirring constantly. Add a teaspoonful of sugar just before removing; put in bottles and cork tightly.

Apples, cored, peeled and filled with brown sugar mixed with a teaspoonful of curry powder and baked, make a fine accompaniment to meat.

Nellie Maxwell

## Malpractice.

About one thousand years ago Sadi wrote: "A man had sore eyes. He went to a horse doctor, who applied to his eyes what he used for his horses. The man became blind. He took the case before the judge, who said: 'No damages; if this fellow were not an ass he would not have gone to a farrier.'"

## Optimistic Thought.

It is a good thing to be good rather than to be conspicuous.

## Brief Missives.

"If I had had more time," a witty Frenchman used to write. "I could have made this letter shorter." Voltaire is credited with two of the briefest on record. One said, "Alan," and the other "Bravo." They were in recognition of a woman's bereavement and remarriage.

## Both Imaginary.

Some of the cures for human ailments are imaginary, but so are a lot of the ailments.

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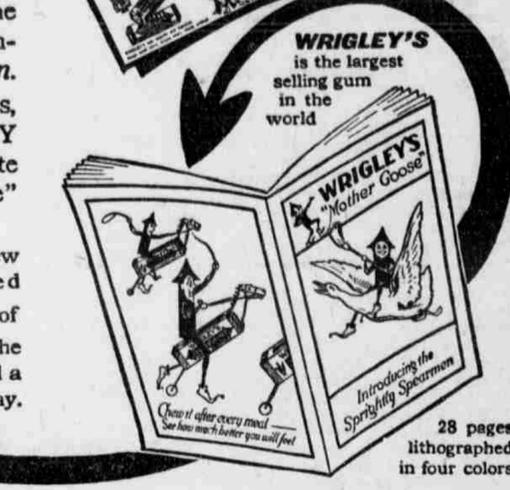
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**One on Rufus Choate.**  
Judge Parry, in a recent article on "Rufus Choate, Advocate," says on occasion Choate would meet with his Sam Weller. Defending a prisoner for theft of money from a ship, a witness was called who had turned states' evidence and whose testimony went to prove that Choate's client had instigated the theft.

"Well," asked Choate, "what did he say? Tell us how and what he spoke to you."  
"Why," said the witness, "he told us there was a man in Boston named Choate and he'd get us off if they caught us with the money in our boots."

**His Error.**  
"He's a self-made man."  
"I know. He surely made a mistake in not consulting an expert."

**The Test.**  
"I have been chasing a smuggler."  
"I call that a pursuit of duty."

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## Pushing American Dyestuffs.

Dr. Thomas H. Norton, the federal dye expert and head of the dyestuff bureau established by the department of commerce, recently went to New York to begin accelerating the development of the dyestuffs industry of the United States. As his first step, he conferred with twelve manufacturing chemists representing an aggregate capital of \$75,000,000.

Doctor Norton believes America is on the eve of a great development in the making of dyes, and he has ventured the opinion that when the war is ended the United States will be in a position to supply all of Europe with dyes as good as Germany has been manufacturing.

## Journal for Astronomers.

The Astronomische Nachrichten, famous astronomical journal, has recently reached the end of its two hundredth volume. It was founded at Altona in 1821 by H. C. Schumacher, who edited it until his death in 1850. Since 1872 it has been published at Kiel, to which place the Altona observatory was moved that year. The present editor is Hermann Kobold. The name of the journal (Astronomical News) expresses its character; it is essentially a newspaper for the astronomers of the whole world, and its appeal is to the professional rather than the amateur.

## Strike Proper Balance.

Sex, religion and insanity are nearly associated. There is nothing that should be so well balanced as the religious belief of everyone. Sometimes "experiences in religion are nothing but the most rampant of neurasthenic hallucinations. The religious zealot is almost always a neurasthenic, and it only takes time to prove it. There are two kinds of neurasthenics, those who have lost religion and, of course, happiness, and those who have religious fanaticism. Strike the balance and you have health.—Kansas City Star.

## Equivocal Praise.

"I understand Giddins is living here now," said the visitor. "I used to know him back in my home town."  
"Is that so? What did the people think of him there?"  
"Well," answered the visitor, cautiously, "I never heard any of his neighbors threatening to mob him, and, on the other hand I never heard of anybody there offering him a bonus if he'd come back."

## Dog Phones foe's Approach.

According to the Gazette de France a certain French regiment possesses a dog which is sent out from advanced sentry posts at night with a telephone strapped over his mouth and a wire connecting the instrument with the post. If the dog hears the Germans approaching he barks quietly into the telephones.

There is no capital punishment in Italy.

The password to the Tower of London is changed every three months.

## Nearest Fixed Star.

Alpha Centauri is the sun nearest to the earth of all the fixed stars. One of the most magnificent of the first magnitude stars even to the naked eye, the telescope reveals it all suddenly as two great masses of solar fire, the flames, red, yellow and blue, blown upward and outward to the right by the winds of the universe. The great pair of rainbow flames appear to stand out like tangible objects in the depths of infinitely remote space many times larger than the naked eye stars. One of the two revolves about the other in a period of 80 years. It is one of the most stupendous and awful visions and the most absolutely beautiful that eyes have ever seen.

## For a really fine coffee at a moderate price, drink Denison's Seminole Brand, 35c the lb., in sealed cans.

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Buy the 3 lb. Canister Can for \$1.00.—Adv.

## Man Without a Country.

An Italian translation of Dr. E. E. Hale's famous story, "The Man Without a Country," has been circulated in Italy in a cheap pamphlet edition for the purpose of arousing patriotic feeling. A writer in the Christian Register, noting this fact, tells us that he once asked Doctor Hale if he really felt his great patriotic story as deeply as he made his readers feel it, and that he received a most emphatic affirmative response.

## The Menu.

"My friend is a woodman."  
"Then why not order chops?"—Baltimore American.

## Explanation.

"What's an automobile lunch?"  
"Why, the kind you see put up all ready for a motor trip."

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